

HeraldPOST

Serving the communities in U.S. Army Garrison Baden-Württemberg

HP THURSDAY
August 16, 2012

Speed Read

CFC HERO AWARD

A U.S. Army Garrison Kaiserslautern administrative support division employee receives a hero award. 3

NEW WARRIOR ZONE

The Warrior Zone in Mannheim relocated to Bldg. 25 on Coleman Barracks Aug. 3. 6

PINKALICIOUS THE MUSICAL



Pinkalicious will open 7 p.m. Friday and will run through Aug. 26 at KMC Onstage in Kaiserslautern. Tickets available online or at civ. 06371-861780. 6

UNDERWATER THERAPY

The Warrior Transition Battalion-Europe and the Wounded Warrior Project use underwater therapy to help wounded service members overcome fears. 13



Defense Details

POST-9/11 GI BILL

August marks the third anniversary of the Post-9/11 GI Bill, and since it was implemented, the Department of Veterans Affairs has provided educational benefits to 773,000 veterans and their family members, according to a Department of Veterans Affairs news release. "This is one of the most important programs helping our Iraq and Afghanistan veterans reach their educational goals," Secretary of Veterans Affairs Eric K. Shinseki said. "We're proud this important benefit is making such a big difference in the lives of so many veterans." The Post-9/11 GI Bill pays tuition and fees on behalf of veterans or eligible dependents to the school in which they are enrolled. Eligible participants also receive a monthly housing allowance and up to \$1,000 annually for books and supplies. The program also allows eligible service members to transfer their benefits to their spouses and children. The program provides a wide range of educational options, including undergraduate and graduate degrees, vocational/technical training, on-the-job training, flight training, correspondence training, licensing and national testing programs, entrepreneurship training, and tutorial assistance.

www.defense.gov

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Cadets learn leadership through medicine

By Sgt. 1st Class Randall Jackson
30TH MEDICAL COMMAND PUBLIC AFFAIRS

MIESAU – Eight Army ROTC cadets from colleges and universities are taking part in Cadet Troop Leader Training with the 212th Combat Support Hospital in Miesau for several weeks in July and August.

Their training within the 212th CSH includes shadowing officers and leading Soldiers through a variety of situations, including planning for training exercises.

"I'm more confident going to my unit after I graduate knowing that I have a little bit of experience in a real unit, rather than just straight out of ROTC," said Cadet Claire Marlow from the University of Washington.

One cadet said she could have worked summer jobs like baby-sitting or just traveled in the States, but instead chose to do something that will give her skills for her future as an Army officer.

"Every experience you get is going to shape you as a leader, and this one has been amazing," said Cadet Kevin Zuniga from Texas A&M International University.

The 212th CSH includes the cadets in every aspect of daily operations so they could see the Army from an Army Medicine perspective.

On Aug. 2, the cadets simulated how



Sgt. 1st Class Randall Jackson

Cadet Kevin Zuniga, right, prepares to load a simulated casualty on a UH-60 Blackhawk helicopter as part of Medical Evacuation Training at Miesau Army Depot, Aug. 2. Zuniga is one of eight cadets who are training with the 212th Combat Support Hospital as part of the Reserve Officers' Training Corps, Cadet Troop Leader Training program.

to evacuate a casualty by helicopter.

This experience not only gave them the opportunity of flying in one of the 12th Combat Aviation Brigades' medevac helicopters, but afforded them leadership experience they might not receive before commissioning as a second lieutenant.

1st Lt. Brian Thorson, 212th CSH, a sponsor for the cadets for a second year, said working with a medical unit has a distinct advantage.

"Any time a unit is deployed, you're

going to have medical assets there, so you need to understand the echelons of care, so to understand that flow, it will be a huge asset to whatever unit they go," Thorson said.

Zuniga added that nothing his family or friends did this summer will compare to his experience.

"The Army has made a great investment in paying to send cadets to CTLI.

"If the budget changes, this is a program that needs to be kept," Zuniga said.

KONTAKT recognizes friendships

USAREUR Public Affairs

SONTHOFEN – U.S. Army Europe recognized more than 50 Outreach-KONTAKT club members and groups Aug. 4 during the 27th Annual Outreach-KONTAKT Awards Ceremony in Sonthofen.

"It is about getting out and seeing new places and meeting new people," said Regina Sussann, German president of Outreach-KONTAKT Darmstadt.

"Many people stay home and watch television or are on the

see KONTAKT page 14

Rising Star auditions to be held Sept. 13

USAG Kaiserslautern Public Affairs

Kaiserslautern Military Community's Operation Rising Star, an annual amateur vocal performance contest, takes place 7 p.m. Sept. 22 in the Armstrong Club ballroom on Vogelweh.

The contest is open to active duty, National Guard and Reservists, and to family members 18 and older who have a valid military identification card and reside in U.S. Army Garrisons Kaiserslautern or Baden-Württemberg, said Nate Cords, KMC Onstage theater director.

Mandatory a cappella auditions are 6:30 p.m. Sept. 13 at KMC Onstage on Kleber Kaserne, said Jim Sohre, USAG Kaiserslautern's entertainment director.

"You can't win if you don't enter, so get your application in now," Sohre added.

The contest has taken off in recent years partly because if selected, contestants earn the chance to fly to the States for the grand finals, Sohre said.

"At the garrison level, talented participants get the opportunity to perform for their peers and score good prizes," Sohre added.

Last year, first-place winner Kristi Mennyfield was one of 12 contestants selected to compete at Army-level.

"Each garrison's first-place winner gets nominated to the grand finals," Sohre said.

"We were very proud of Kristi's outstanding performance," he added.

Local winners who place in the top three earn cash prizes from \$100 to \$500. Another highlight is the "Spirit Award," a \$300 prize for the unit or family readiness group that demonstrates the best support.

"We're looking forward to a great lineup of vocal entertainment on display at Armstrong's and hope to have another top Kaiserslautern contestant this year at All Army," Sohre said.

For information, visit www.OpRising-Star.com or call civ. 0631-411-6252.

SAFETY MESSAGE

Reducing injuries in the ranks

By **Tim Bushman, Phillip Garrett, Keith Hauret, Tyson Grier and Bruce Jones**
U.S. ARMY PUBLIC HEALTH COMMAND

Injuries are the biggest health problem in the United States Army and are the leading cause of non-battle injuries and medical evacuations.

About 60 percent of Soldiers are injured each year, resulting in a little more than 1 million medical visits annually due to musculoskeletal injuries. Roughly half of Soldiers who experience an injury were hurt due to participation in sports, exercise and recreational activities.

As an indicator of the impact of these injuries on Soldiers and unit readiness, 72 percent of Soldiers with an injury had two or more days of limited duty, and nearly 40 percent had 15 or more days of limited duty.

Running alone causes about 50 percent of all sports- and activity-related injuries. A review of non-running related sports injuries demonstrates the most common ones result from basketball (15 percent), weight training (13 percent), football (10 percent), martial arts (9 percent) and softball or baseball (3 percent).

The body region most frequently injured in sports and recreational activities is the lower extremity, with the knee making up almost a quarter of all injuries. The ankle follows (with 18 percent), back (12 percent), foot (10 percent) and shoulder (9 percent).

The most common type of sports injury are sprained joints, with ankle sprains being the most frequent.

Strained muscles, particularly in the back, are the second most common injury followed by tendonitis or bursitis of the knee, and dislocation of the shoulder.

Although fractures and concussions make up only 10 percent and 1 percent of sports injuries, respectively, they tend to require more days of limited duty and longer rehabilitation than other injuries.

Sports medicine literature offers only a few scientific-

ly-proven, evidence-based approaches to prevent injuries from sports, exercise and recreation.

Some prevention strategies that can be recommended on the basis of scientific evidence include avoidance of overtraining, wearing mouth guards and semi-rigid ankle braces during high-risk activities, wearing synthetic-blend socks to prevent blisters and wearing helmets for bicycling, skiing, football, lacrosse and Army combatives.

The use of breakaway bases for softball and baseball has been shown to reduce the risk of ankle injury by 98 percent.

Other suggested strategies, though not yet proven to be effective, include banning of sliding in baseball or softball, balance training and focusing on dynamic warm-up exercises instead of stationary stretching.

When Soldiers suffer serious injuries like concussions, fractures or dislocated joints, they should seek medical treatment and inform unit leadership.

Other injuries like sprains, strains, abrasions or bruises can be treated with rest, ice, compression and elevation.

You must rest to give the injury time to heal (this could take several days or weeks depending on the severity of the injury). Use ice (20 minutes on, 20 minutes off for four to six hours) to reduce swelling of the affected area and decrease the pain.

Compression bandages will help stabilize the joint, and elevating the affected area will help reduce swelling. If pain and swelling persists, seek medical treatment.

Sports and activity-related injuries are a major contributor to the Army injury problem. Implementing the above recommendations and suggested strategies should reduce the risk of being injured and allow for a quicker recovery.

However, the best option is to prevent injuries before they occur. Soldiers are encouraged to apply what they know and use common sense to avoid being sidelined by a sports injury.



**ATTENTION
BWnowers!**

Don't miss out on the action!

**BWnow is transitioning to
Facebook...**

August 26, 2012

- Connect with community members
- Get transformation information
- Discuss local issues
- Search for events
- Share photos and more!



Like us and join the discussion!



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http://myBWnow.ning.com

DISCUSSION BOARD

Find out what your garrison commanders and members of your community are saying in the BWnow virtual community

"Hoping you can help with an on-post housing message to all residents of Patrick Henry Village. It really pains me running around seeing our American flag that so many paid the ultimate sacrifice defending completely torn, faded and wrapped up on flag poles outside various PHV stairwells. I mean if you live in one of these stairwells, you're either completely oblivious to United States Code 4, Ch. 1 or unfortu-

nately, just don't care. Either is unacceptable [for those] living on a military installation [or] wearing a uniform. Sorry for the rant, but a post-wide message would be greatly appreciated by many. Thank you."

—Brad Shova, BWnow Facebook Fan

"Good morning BWnowers :) Time to get moving."
—BWnow Administrator

"I'm working on it ... another cup of coffee perhaps?"

—Barbara Garrett, BWnow Facebook Fan

"I already moved my tired behind from the bed to my desk. Is that enough for today? :)"

—Daniela Rode, BWnow Facebook Fan

"I am moving. The packers were here bright and early. Will miss you Heidelberg."

—Chyla Willis, BWnow Facebook Fan



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Submissions are welcome, including letters to the editor, but we reserve the right to edit for style, space, libel, clarity, security and good taste. To be considered for publication in a particular issue, they must be in our hands by noon the preceding Thursday. Only spots results from the weekend will be accepted until noon on Monday.

Senior enlisted advisor says farewell during ceremony

By Capt. Tamara Gonzales
ALLIED FORCE COMMAND HEIDELBERG

“The best part of my 24 months here was having the opportunity to experience a truly multi-national headquarters with 23 nations being represented,” said Canadian Army Chief Warrant Officer Mark Saulnier, the command sergeant major of Allied Force Command Heidelberg.

“It really brought to the forefront that there is an alliance and within this headquarters, it is alive and well.”

Members of the headquarters said farewell and also welcomed a new senior enlisted advisor during a change of responsibility ceremony held at Heidelberg’s Campbell Barracks, Aug. 2.

Saulnier said farewell, though not goodbye, as he will continue to work with the headquarters in his role within the Land Command-Izmir’s Stand-Up Team and later will take over as the senior enlisted advisor for the command.

During his time here, Saulnier saw three rotations of FCHD personnel deploy and four rotations redeploy from Afghanistan in support of the International Security Assistance Force.

Additionally, the headquarters earned its



Staff Sgt. Dwight Chaney

Finnish Lt. Col. Harri Paldanius shakes hands with command sergeant major of Allied Force Command Heidelberg, Canadian Army Chief Warrant Officer Mark Saulnier, during the headquarters’ change of responsibility Aug. 2 in Heidelberg.

certification as the NATO Response Force 2012 during Exercise Steadfast Juncture 2011, working and coordinating with NATO Joint Force Command Brunssum Headquarters to accomplish this goal.

In conjunction with this exercise, Saulnier was present while the headquarters developed Command Post 156. He also saw the headquarters form into

the Deployable Joint Staff Element structure and prepare for the future Land Command-Izmir.

“Over the last 24 months, Chief Warrant Officer Saulnier has made a strong impact on this command,” said the commander of Allied Force Command Heidelberg, Lt. Gen. John W. Morgan III. “You have been the standard bearer for 23 countries assigned to this command.”

As the command’s senior enlisted advisor, Saulnier focused on developing the non-commissioned officer corps within the headquarters and, as result, within NATO as a whole.

He will now focus on developing the NCO corps for the new Land Command-Izmir.

“Where I’m going to, I don’t feel as though I am leaving this headquarters. I look forward to working with and coordinating with this headquarters in the future,” Saulnier said.

“Because of the professionalism and great work coming from this headquarters, I am proud to be part of the stand-up team.”

French army Adjutant-chef Fabien Le Camu, who has been with the command the past two years and assisted as senior enlisted advisor, takes over as the headquarters senior enlisted advisor.

Army garrison employee recognized as campaign hero

Earns top-level award for Combined Federal Campaign Overseas fund-raising ef-



Rick Scavetta

Antonnete Fernandez, a U.S. Army Garrison Kaiserslautern employee, poses with Betzi, the friendly devil mascot from Fußball-Club Kaiserslautern. During the 2011 Combined Federal Campaign-Overseas, Fernandez also organized radio interviews, community information booths and Facebook posts to raise awareness.

By Rick Scavetta
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Antonnete Fernandez, coordinator of U.S. Army Garrison Kaiserslautern’s 2011 Combined Federal Campaign-Overseas, was recently recognized for her excellence.

Fernandez, who works at the garrison’s administrative support division, part of the directorate of human resources, received the CFC Hero Award from the Department of Defense’s Office of Personnel Management. The award was announced in mid-July.

Each year, OPM recognizes individuals who make extraordinary contributions to CFC through their dedication and creativity.

Fernandez earned the recognition for “mentoring her unit representatives, publicizing the campaign and demonstrating her personal commitment and dedication to helping those whose need is great,” according to a news release from Global Impact, the organization that administers the CFC-O program.

The hero awards are presented to the campaign’s unsung heroes who make significant differences and demonstrate leadership qualities in their campaigns.

Fernandez was among a group of committed leaders who received this much-deserved recognition, said Renée S. Acosta, Global Impact’s president.

In May, Acosta visited USAG Kaiserslautern and thanked Fernandez for her efforts, to include her tireless

“The CFC-O is ... spread around the world ... Yet year after year, the campaign and its generous donors provide significant funds to help people everywhere.”

-Renée S. Acosta, Global Impact President

promotion and focus on the family support and youth programs fund, which directs contributions to programs that support kids locally.

While visiting Sembach Kaserne, Acosta presented the garrison a check for \$24,995 that will go toward children’s recreation activities in the Kaiserslautern Military Community.

“The CFC-O is a challenging campaign spread around the world,” Acosta said. “Yet year after year, the campaign and its generous donors provide significant funds to help people everywhere.”

In 2011, the overall CFC campaign raised more than \$14.2 million. Thanks in part to Fernandez’s hard work, USAG Kaiserslautern pledged more than \$450,000 during 2011 – roughly \$125,000 more than the previous year.

Five people recommended Fernandez for the award, said Samantha Barrett, the CFC-Overseas coordinator for Europe and Africa.

transformation UPDATE

Updates to Transformation Page

The weekly Herald Post Transformation Page is updated as we receive the latest information. To ensure its accuracy, all community members and organizations are encouraged to e-mail any transformation updates to usaghdpost@eur.army.mil or usarmy.badenwur.usag.mbx.pao@mail.mil for publication in the Herald Post.

BWNow Social Media Site Transitions

USAG Baden-Württemberg will take yet another step in its transformation. We will transition from BWnow being our primary social media site to exclusively using our BWnow Facebook page. The BWnow social media site will be discontinued, due to personnel and budget constraints. BWnow was developed in 2009 prior to the rise in popularity of Facebook. The site has more than 2,000 members who have come to trust BWnow as an up-to-date, quick and reliable means of information regarding anything important going on in the Baden-Württemberg garrison. In order to make the most efficient use of tight garrison resources, we will discontinue this service by **Aug. 26** of this year. The garrison Public Affairs Office ensures that all the current, useful quality information found on BWnow, will also be available on the garrison's Facebook page at <http://www.facebook.com/bwnow>.

Frequently Asked Questions

Have a transformation-related question you'd like answered? E-mail usarmy.badenwur.usag.mbx.post-newspaper@mail.mil. We'll find the answer for you and share it in the Herald Post and on the garrison's transformation Web page at www.bw.eur.army.mil/news/personnel.htm.

NEW – Now that the Heidelberg Medical Activity has deactivated, what will my family and I do for health care? Will the health center be closing sooner now?

The deactivation will not affect future health care services or appointment availability for beneficiaries. The clinic has transitioned under Landstuhl Regional Medical Center for command and control functions previously provided by HMEDDAC. The clinic is projected to close in **June 2013**. Community members are also encouraged to become familiar with host nation health care resources by reviewing the "Guide to using host nation health care." A copy of the guide is available at the Heidelberg Health Center website (**new URL**): <http://ermc.amedd.army.mil/heidelberg/HNguide>.

Facilities Operations Changes Mannheim

ACS – The Army Community Service office located in Bldg. 246 on Sullivan Barracks is closed.

UPDATED – Base Operations – The Mannheim Base Operations office has relocated from Bldg. 246 on Sullivan Barracks to Bldg. 1408 on Coleman Barracks, Room 101. For assistance, residents should call Gilbert Buster at DSN 382-4724, civ. 0162-272-8632.

BVF South Closure – Public access to Benjamin Franklin Village South is no longer available. The area and the access gate have been sealed off and the **Exchange main store, gas station, food court and concessionaires are closed**. Any items left on the installation have been impounded by the Military Police. Access to the area may only be arranged through the Provost Marshal Office at DSN 388-2222/2223, civ. 06221-678-2222/2223.

Bowling Center – The bowling center on Sullivan Barracks is closed.

Burger King – The Mannheim Burger King located on Sullivan Barracks is closed.

Child Development Center – The Child Development Center on Sullivan Barracks is closed.

Chapel – The chapel on Benjamin Franklin Village is closed. All on-post religious services were transferred to the Heidelberg community.

Coleman Clinics – The Coleman Troop Medical Clinic has ended full patient care, dental and pharmacy services. Dental services for the Mannheim-Coleman Soldier population are available at the Patrick Henry Village Dental Clinic in Heidelberg. Sick call is available until **Sept. 1**. Sick call sign-in hours at the Coleman TMC are 8-9:30 a.m. DSN 371-3130, civ. 06221-17-3130.

Commissary – Deli and bakery services are no longer offered at the commissary. Sandwiches and hot rotisserie chicken are still available in the grab 'n go section, and customers can special order select items. Hours are 11 a.m.-7 p.m. Wednesday-Sunday. The commissary is scheduled to close by **Sept. 1**. DSN 385-3940, civ. 0621-728-3611.

Community Bank – The Community Bank on Sullivan Barracks is closed Mondays. It is open 9:30 a.m.-4 p.m. Tuesday through Friday and 10 a.m.-1:30 p.m. Saturday.

Community Center – The Mannheim community center in Bldg. 2011 in Grant Circle is closed.

Customs – The customs office on Sullivan Barracks is now closed.

Facility Closures – The Commissary, Community Bank, Service Credit Union, the Top Hat Club, Woods Field, Coleman Clinics and the Fitness Center are scheduled to close no later than **Sept. 1**.

Hazardous Waste Disposal Center – The Household Hazardous Waste Disposal Center has moved to Sullivan Barracks, Bldg. 249 A (previously the Funari Sort Center). The center is open to all military ID card holders 10 a.m.-noon Monday and Wednesday. No bulky items like furniture, electronics, trash or recyclables will be accepted at this location. Bulky items and recyclables may be turned in to the Patrick Henry Village Recycle Center Bldg. 4485 8 a.m. - 4 p.m. Monday - Saturday. DSN 373-5396.

Postal Office Hours Change – Mannheim postal facilities have new operating hours. The finance window at Postal Service Center 418 on Coleman Barracks is now open 10 a.m.-5 p.m. Monday, Wednesday and Friday. The community mail room is open 11 a.m.-6 p.m. Monday, Wednesday and Friday and closed Tuesdays and Thursdays. At Postal Service Center 437, finance is open 10 a.m.-5 p.m. Tuesday and Thursday and 10 a.m.-4 p.m. Saturday. The community mail room is open 11 a.m.-6 p.m. Tuesday and Thursday, 10 a.m.-4 p.m. Saturday and closed Mondays, Wednesdays and Fridays.

Self-Help Store – The Mannheim Self-Help Store is closed.

Shuttle Bus – The community shuttle bus no longer stops at the Benjamin Franklin Village guest house, but a stop was added on Funari Barracks. The new schedule is available from any shuttle bus driver, at the Central Processing Facility in Heidelberg or by calling DSN 373-8350, civ. 06221-17-8350.

Sullivan Fitness Center – The Sullivan Fitness Center is scheduled to close by **Sept. 1**.

UPDATED – Sullivan Express Shoppette – The Sullivan Express shoppette will remain open until **Sept. 1**.

Tax Relief Office – The Tax Relief Office on Sullivan Barracks is closed. Please contact the Heidelberg office located in Bldg. 4507 on Patrick Henry Village for assistance. DSN 388-9586, civ. 06221-338-9586.

WIC Office – The Women, Infants and Children Overseas office further reduced office hours due to transformation and reduced base population. The Mannheim office is open 9 a.m.-2 p.m. Tuesdays and 7:30 a.m.-4 p.m. Thursdays.

Heidelberg

Airport Shuttle Buses – The free shuttle service for service members, Department of Defense civilians and their families departing Germany from Ramstein Air Base on the Patriot Express departs Heidelberg once a week from the Patrick Henry Village Guest House. For details on the shuttle schedule, call U.S. Army Garrison Baden-Württemberg Central Processing Facility, Room 180, Bldg. 3850, at the Heidelberg Shopping Center. DSN 370-7343/6711, civ. 06221-57-8399, usarmy.badenwur.usag.mbx.cpf@mail.mil.

Audiology – Audiology services at the Heidelberg Health Center have been reduced due to limited staff. Medical technicians will still be able to provide screening and hearing conservation services. All other audiology services will be referred to host nation providers or Landstuhl Regional Medical Center.

Chapels – All chapel services have transferred to Patrick Henry Village and Nachrichten Kaserne. For more information on new service times and locations, call DSN 373-6190, civ. 06221-17-6190.

UPDATED – Dental Clinic – The sick call and exam hours for the Patrick Henry Village Dental Clinic have changed to 7:30-10:30 a.m. Monday-Friday. All dental care and dental records from the Nachrichten Kaserne Dental Clinic, except oral surgery and periodontal dental services, have been transferred to the PHV dental clinic. DSN 388-9500, civ. 06221-338-9500.

Health Center Shoppette – The Exchange Shoppette located on Nachrichten Kaserne is closed.

Optometry Clinic – The Heidelberg Health Center's optometry department has reduced care to provide services only for active duty military and their family members who are enrolled in TRICARE Prime. As a result, the optometry clinic will no longer provide care for dependents or Department of the Army and Department of Defense civilian employees and contractors. Optometry services for these beneficiaries can be obtained via host nation providers.

Pharmacy Hours – The Heidelberg Health Center Pharmacy has changed its operating hours. The pharmacy is open 8 a.m.-5 p.m. Monday-Friday and closed weekends and federal holidays.

Teen Clinic – The Teen Clinic at Heidelberg High School is closed. Teens can be seen at the Heidelberg Health Center. DSN 371-2622, civ. 0800-376-22273.

UPDATED – Thrift Shop – The Thrift Shop on Patrick Henry Village has relocated to Bldg. 4455 (directly across the street from the PHV Recycling Center and Outdoor Recreation Center). **The shop is also now open 10:30 a.m.-2:30 p.m. every Saturday.**

UPDATED – Tompkins Gym – The Fitness Center on Tompkins Barracks in Schwetzingen will close **Sept. 1**. Hours are 5:30 a.m.-8 p.m. Monday-Friday and closed Saturdays, Sundays and U.S. holidays. Open 10 a.m.-4 p.m. training holidays. DSN 370-9193, civ. 06221-57-9193.

UPDATED – Tompkins Retail Store – The Tompkins retail store is scheduled to close **Aug. 31**.

Tompkins Strip Yard Closure – The Tompkins strip yard is closed. Vehicle donations will no longer be accepted at Tompkins Auto Crafts. All patrons must go to Spinelli Auto Skills, Bldg. 1570 on Spinelli Barracks in Mannheim to donate vehicles. DSN 384-6023, civ. 0621-730-6023.

Wood Shop – The Wood Shop on Patton Barracks will remain open until the garrison deactivates. DSN 373-5195, civ. 06221-17-5195.

Pinkalicious the musical opens at KMC Onstage



By Cheryl Navo
KMC VOLUNTEER

It's pinkeriffic. It's pinkatastic. It's pinktaacular. You're sure to fall in love with this sweet confection of a musical, and if you have a little girl in your life, you can bet she'll doubly adore "Pinkalicious," the charming, fun, and very pink musical which opens at KMC Onstage Friday. Based on the popular children's books by Elizabeth and Victoria Kann, Pink vividly illustrates that too much of a good thing can have interesting consequences.

Spunky Pinkalicious Pinkerton adores anything and everything pink – especially pink cupcakes. Despite warnings from her parents, Pinkerton eats one too many pink cupcakes and turns completely pink from head to toe. The Pinkerton family rushes to see Dr. Wink, who diagnoses an acute case of Pinkatitus and prescribes eating green food to counteract the pink. But Pinkalicious sneaks just one more cupcake and her beautiful pink hue goes too far. Finally convinced of the peril of her condition, Pinkerton enlists her brother to help her out of her predicament.

The music, composed by John Gregor, enhances the story with clever lyrics and peppy tunes. The story is delightfully wacky – and pink, pink and pink. The subtle secondary plots concerning Pinkerton's father, brother Peter and best friend Allison contain messages about loving yourself, accepting people as individuals and enjoying others for who they are.

So, even if pink is your least favorite color, you'll find yourself getting in touch with your inner pinkness during this one hour show.

"This is a kid's story that will entertain the whole family, including boys."

— Cindy Krewson, Director

Not simply a whimsical story of a little girl's obsession with pink, this is also a cautionary tale about good eating habits. If you have a lover of pink (or of cupcakes) under your roof, you'll appreciate this celebration of family, healthy living and moderation in all things.

An ensemble of Soldiers, Department of Defense Civilians, German local nationals and kids of all ages rehearsed long hours to prepare for the performance. A support staff featuring director, choreographer, costumer, lighting designer, set designer, music director and others round out the stage crew.

"This is the first stage performance ever for several of our actors. The whole cast is working hard and doing a great job," said director Cindy Krewson.

"This is a kid's story that will entertain the whole family, including boys."

Show dates are this Friday-Sunday and Aug. 24-26 at 7 p.m. Fridays and Saturdays and 3 p.m. Sundays. Tickets are \$8 for adults, \$6 for students, and \$5 for children under the age of six. Organizers expect the show to sell out and encourage community members to get their tickets early.

Tickets can be purchased online at <https://webtrac.mwr.army.mil/webtrac/kaiserslauternrectrac.html> or through the Family and Morale, Welfare and Recreation One Stop at civ. 06371-86-1780.

Cheryl Navo
Juliana Knaup stars as Pinkalicious Pinkerton in *Pinkalicious the Musical*, opening Friday at KMC Onstage.

Coleman Warrior Zone Relocates



Photos by Kierra Ho

Above, Cedrick Hardy (left), lead recreation assistant for the Community Recreation Division at Family, Morale, Welfare and Recreation, receives a certificate from Berry Patrick, director of Family and Morale, Welfare and Recreation, U.S. Army Garrison Baden-Württemberg, for his work on the new Coleman Warrior Zone during the opening ceremony in Mannheim Aug. 3.

Right, U.S. Army Garrison Baden-Württemberg Commander Col. Bryan DeCoster (right), Command Sgt. Maj. Annette Weber (second from right), Better Opportunities for Single Soldiers volunteers and other garrison community members enjoy sandwiches, fruit and cake at the grand opening ceremony of the relocated Coleman Warrior Zone on Coleman Barracks in Mannheim Aug. 3. The new location (in the renovated Bldg. 25, above Mike's pub) is closer to Soldiers who live in the surrounding barracks.



ourARMY around the world

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Capt. Michael Greenberger

Members of the 2nd Brigade Combat Team, 10th Mountain Division, flip an oversized truck tire during physical readiness training Aug. 8 at Fort Drum, N.Y.



Spc. Michael Sharp

A sergeant with the 66th Transportation Company fixes a tow chain during a mission rehearsal exercise at the Joint Multinational Readiness Center in Hohenfels Aug. 4. The purpose of the exercise was to prepare units for deployment to Afghanistan.



Lt. Col. Daniel Bohmer

Col. Eric Ahlness, a Minnesota Army National Guardsman with the Zabul Agribusiness Development Team, presents an Army Commendation Medal to Spc. Joshua Antrim, a Mississippi Army National Guardsman, at Forward Operating Base Apache in Zabul province, Afghanistan, Aug. 10.



Sgt. Terence Ewings

Members of the Kansas Army and Air National Guard assigned to the 73rd Civil Support Team take pictures and use chemical, biological, radiological and nuclear equipment in the basement of a school to detect possible hazardous contaminants. The training is part of Exercise Vibrant Response 13, held at the Muscatatuck Urban Training Center, Butlerville, Ind., Aug. 6.



Staff Sgt. Teddy Wade

Gen. Ann E. Dunwoody passes the Army Materiel Command colors to Army Chief of Staff Gen. Raymond T. Odierno during a change of command ceremony at Redstone Arsenal, Ala., Aug. 7. Dunwoody relinquished command of AMC to Gen. Dennis L. Via, left, during the ceremony.

Program aids students who seek high school diplomas

By Lindsay Bibus
CENTRAL TEXAS COLLEGE

Soldiers and family members who would like to complete a high school diploma can now do so online through the American Preparatory Institute's Open Academy.

The program is a unit of Central Texas College, and is an accredited high school that will award students a high school certificate upon completion of a 22-credit program.

According to Central Texas College Associate Dean Michael Spruell, the courses are self-paced, so students can work on classes on their own time, or wherever they have Internet access.

Students are supported by a team of teachers and staff as they complete the program. Some courses may require proctored testing, which can be done at local education centers. Those interested should contact their local education center for details. Courses cost \$300 for an eight-week session, and tuition assistance may also be available.

API is open to adults who did not complete high school, or who earned a GED certificate and might need a high school diploma for further advancement. The program is also open to high school students looking for an alternate way to earn their diploma, foreign-born spouses of U.S. military members or U.S. citizens working abroad and citizens of a country other than the United States who would like to earn an accredited U.S. high school diploma.

E-mail API's Open Academy at customerservice@openacademy.us or call (toll free from Europe) civ. 0800-181-8354, extension 1321.

Taking Cover



Staff Sgt. Tramel Garrett

1st Sgt. Chad Laws, 18th Military Police Brigade, 21st Theater Sustainment Command, assists a wounded Polish MP Specialized Unit soldier during a joint training exercise Aug. 2 in Hammelburg, while another Polish soldier provides cover fire. The exercise, part of a Polish and U.S. military police training partnership, consisted of numerous battlefield scenarios conducted July 30-Aug. 5.

Program helping federal civilian employees, Wounded Warriors

By Kierra Ho
USAG BW PUBLIC AFFAIRS INTERN

Community members from U.S. Army Garrisons Baden-Württemberg, Baumholder and Kaiserslautern attended an Equal Employment Opportunity Computer and Electronic Accommodation Program training seminar July 25 at Patrick Henry Village in Heidelberg to learn about services for federal employees with disabilities and wounded service members.

Garrison commander Col. Bryan DeCoster, Command Sgt. Maj. Annette Weber, federal employees with disabilities, wounded service members, managers and supervisors obtained information about CAP's assistive technology and accommodations and learned how these services granted information access and federal employment opportunities to community members.

For Ron Tate, a federal civilian employee who suffers from almost complete blindness, CAP services have helped him to do his job as a computer programmer for U.S. Army Europe, G1. "My productivity has increased several-folds [after using CAP] because I couldn't see the keyboard, so [CAP] bought me a keyboard with larger print and black on white [since] I can't see white on black," Tate said.

Jeremy Smith, another federal civilian employee and Workforce Recruitment Program intern, agreed about CAP's instrumental role in the workplace. He uses a screen-reading software called "Window-Eyes" in his job as a counselor for the Army Substance Abuse Office.

"That software is absolutely essential to me; I couldn't do my job without that software, because that's what makes [the] computer accessible to me," Smith said.

Aside from providing assistive technology, CAP enabled Tate to remain employed despite his disability. "I [have] almost 40 years of experience that if CAP wasn't around, the federal government would lose that because I would be forced to retire, but with [CAP] I am able to still be an asset," Tate said.

Staff Sgt. Lisa Hussey, an equal opportunity leader for the Warrior Transition Battalion-Europe, recognized the benefit of CAP for wounded service members. "[Today's seminar] actually opens the eyes to see that coming back disabled does not hinder you from continuing to perform your job ... [There] are resources out there to help the Soldiers to continue their job or to go into the civilian life and continue their job," Hussey said.

The most common form of CAP accommodation for wounded service members was for cognitive limitations, like traumatic brain injury and post-traumatic stress disorder.

Even though USAG Baden-Württemberg faces inactivation next year, Bonnie Ballard, garrison Equal Employment Opportunity officer, wanted the training seminar to increase awareness about CAP among managers, supervisors and employees.

"[The] CAP program is not just for today; it's forever, meaning that if people ... had access to this training [today], wherever they go from here, they would know about [CAP]," she said.

CAP is a Department of Defense program that



Kierra Ho

Ron Tate, a visually-impaired computer programmer for U.S. Army Europe, G1, looks at an assistive technology equipment at the Computer Electronic Accommodation Program training seminar at Patrick Henry Village in Heidelberg July 25.

charges no fees for its assessments, assistive technology and support services to federal employees with disabilities and wounded service members.

During this fiscal year, the program provides accommodations to 3,213 Wounded Service members, 1,299 DoD customers and 1,390 partner agency customers, according to the CAP presentation. Since its founding in 1990, it has granted more than 112,000 accommodations in total, worldwide.

The EEO CAP training seminar was hosted by USAG BW EEO office in partnership with the USA-REUR EEO office.

For more information, visit www.cap.mil.

GERMAN COOKING

Pfälzer Spundekäs

Ingredients

- 4 ounces cream cheese
- 4 ounces quark cheese
- 1/2 cup sour cream
- 1/2 onion
- Garlic, pepper, salt
- 2 teaspoons paprika

Preparation

- Mix the cream cheese, quark and sour cream in a bowl and beat until creamy.
- Dice the onions finely and add to the mixture.
- Season with pressed garlic, paprika, salt and pepper and allow to sit three hours in a refrigerator.
- Serve with potatoes boiled in their skins (Pellkartoffel) and radishes. Spundekäs can also be served with fresh bread or salted pretzels.

Colorful Grilled Skewers

Ingredients

- 1/3 pound beef fillet, 1/3 pound pork fillet, 1/3 pound lamb fillet, 7 ounces veal fillet
- 2 ounces double-smoked bacon or salt pork (Speck), sliced thickly and four slices Black Forest prosciutto
- Two onions and two bell peppers (red, green)
- Pepper, salt, paprika
- Melted butter for basting
- Eight small sage leaves and eight skewers

Preparation

- Cut the beef, pork and lamb into large cubes. Slice the double-smoked bacon, onions and bell peppers.
- Divide meat and vegetables evenly among the skewers.
- Cut the veal fillet into four slices and wrap them in the prosciutto.
- Season everything with salt and pepper, baste with melted butter and grill about five minutes per side.
- Garnish the veal fillets with sage and season the skewers with paprika.

SOURCE: www.germanfoods.org



Vicki Johnson is a military spouse and clinical social worker with more than 13 years experience working with families in crisis. Contact Ms. Vicki by e-mail: dearmsvicki@yahoo.com, follow her on Twitter @[dearmsvicki](https://twitter.com/dearmsvicki), or visit www.dearmsvicki.com.

Dear Ms. Vicki,

I'm on my third military husband. I can't seem to find the right one, but I'm not giving up. I was married three years to a Marine, four years to a Sailor and now I'm married to a Soldier who acts like he is a child and I'm his mother. I'm not having it. He needs to grow up. Why should I be the wife who stays at home cooking and cleaning?

Can you believe he wants me there when he comes home for lunch? I'm expected to make him a sandwich and provide other services, too. I don't do it because I'm not a slave who works for free.

What's up with these military guys who only want to keep their women in perfect order? I know I don't have a job, but why should I find one? He works for me, right? Can you tell me about other Army wife monetary benefits I should be

getting? Or maybe it's time for me to move on to a Coastie?

Girlfriend,

Stop the presses, please. You run through men like Highway 20 going east and west. Slow it down. You said you are a wife. The word "wife" is an action word. Wives cook, clean and run households. They are the driving force for most families. I agree you are not a slave, because that would not be equitable, but let me be clear: something is very wrong with you.

I think you are unhappy and are trying to find happiness by moving from man to man, but you don't find what you are looking for, or perhaps you don't receive the benefits you think you deserve.

My grandmother used to say, "Growing old is mandatory, but growing up is optional." I think you need to grow up and stop behaving so impulsively. You didn't tell me how old you are, but you mentioned several marriages and children. It's not good for you to carry your children from man to man in this manner. It must be very confusing for them, too.

You asked about monetary benefits. I've been an Army spouse for a minute, and I've never heard of that. Besides, you wouldn't deserve it if there were any. The only entitlements you should have are a military identification card, access to health care and to the commissary and the Exchange. If you receive any others, please let me and other military spouses know how we can access them. Chill Out.

Dear Ms. Vicki,

I heard the Family Readiness Group assistants could be losing their jobs because of Department of Defense cutbacks. Have you heard this? I really hope it's true, because

those positions are a waste of government money.

The FRG assistants don't help anyone. All they do is cater to officers' wives and help stir up trouble. It's all very shameful, if you ask me.

For the last three years, I've watched them single-handedly destroy the morale of women, especially those they feel don't fit in. It's terrible that grown women sit around and talk about people and act like they out-class everyone.

I stopped participating because I got tired of the mess, and it got to the point that I wanted to go off on some people. I knew it would do nothing but get my husband in trouble, so I decided to stay away from them. Thank you for listening. It would be great if they get replaced by some real professionals. From: A Wife Who's Just Asking

Dear Wife,

I haven't heard of FRG assistants downsizing. Honestly, I wouldn't wish a job loss on anyone, and not just because of the economy.

I regret you did not have a good experience, but it really won't do any good to lump every situation into the same mold. We have good and bad experiences, and we get along with some people and form great relationships. Sometimes that won't happen; that's life. When we have had experiences, we can't "wish bad" on people.

It's important you find a place you belong and where you can contribute your skills. If you don't, you will sit around waiting for someone else to fall in a pit. If you are not careful, it will be you who falls into the pit. My advice is to contribute to a common good. If not in the military community, consider volunteering in your local area.

Immunizations vital to keeping schoolchildren safe

By Maj. Kyndra Jackson
U.S. ARMY PUBLIC HEALTH COMMAND

For many, the month of August symbolizes the end of summer and the start of a new school year for most of the nation's children.

Parents, eager to ensure their child has a safe and successful school year, scramble to fulfill supply lists and face long lines at the mall to purchase new school clothes. Immunizations (also called vaccines or shots) are a vital piece to children's safety and protection at school.

One might think, "How are immunizations important in keeping a child safe?" Immunizations help protect individuals from serious diseases.

Shots can prevent infectious diseases like measles, diphtheria and rubella. Americans still die from

these and other vaccine-preventable diseases. It's important to know which shots you and your child need, and when to get them.

August is recognized as National Immunization Awareness Month. This is the time to encourage family, friends and co-workers to get caught up on their shots; most work best when they are given at certain ages.

Here are general guidelines:

• **Young children.** Children under 6 get a series of immunizations that protect against a variety of diseases like measles, pneumonia, polio, chickenpox and hepatitis. Visit your health-care provider to get a complete list of all of the recommended vaccines for children under age 6.

• **Preteens and teens.** All 11- and 12-year-olds need immunizations to help protect against tetanus, diphthe-

ria, whooping cough and meningitis. Doctors recommend girls and boys get the human papillomavirus vaccine to protect against HPV-related diseases.

Immunizations aren't just for babies and children. Adults need them to help protect from serious diseases and illness. Everyone over 6 months needs an annual flu shot. In addition, adults need to be aware of other recommended immunizations. A one-dose shingles vaccine is recommended for adults 60 and older, and all adults should get a tetanus shot every 10 years.

Adults should talk to their health care provider about the pneumonia or pneumococcal vaccine. Pneumonia is still a major cause of illness and death in the U.S. According to the Centers for Disease Control and Pre-

vention, pneumonia is likely to have caused 43,500 cases and 5,000 deaths among persons of all ages in 2009.

Adults ages 19-64 with certain medical conditions, including those who smoke or who have asthma, should get the vaccine. Adults 65 years and older should get the one-time shot. Research shows these groups are at a higher risk of pneumonia. Immunizations apply to all individuals — from infants to seniors.

When people remain timely with their shots, it not only protects the individual and family, it also protects the community as a whole. Talk to a doctor or nurse to find out which immunizations are needed. For more information, visit the Centers for Disease Control and Prevention, Vaccines and Immunizations website at www.cdc.gov/vaccines/schedules/index.html.

GET OUT!

area events

More events online at <http://myBWnow.ning.com>

August 16

Festa Italiana – Festa Italiana in downtown Homburg is a celebration of Italian food, music and more. Sample some of Italy's best Mediterranean dishes and drinks while dancing the day away. Festival runs through Aug. 19. Christian-Weber-Platz, Homburg 66424.

German-American Festival – Since 1960, the German-American Volksfest in Berlin, or Festival of the People, has celebrated American culture and the influence of German migrants on the U.S. Fest goers can explore the American Village and enjoy American style food, live music, bingo, amusement park rides and a hamburger eating contest. Festival runs through Aug. 19. Festplatz am Hauptbahnhof, Heidestr. 30, 10557 Berlin (Tiergarten). www.buzzoffbase.com.

Bierbörse – Bierbörse is a chain of annual beer festivals held in 11 cities across Germany. Sample up to 1,000 different types of beer from 75 countries. Bierbörse 2012 can be found in Bonn, Dorsten, Düsseldorf-Benrath, Frankfurt, Hückeswagen, Karlsruhe, Köln, Leipzig, Leverkusen-Opladen, Mainz, Schwerin and Viersen-Dulken. Free entry. Fest runs through Sept. 2. www.bierboerse.com.

Art Exhibit – Artist Franz Erhard Walther hosts an exhibition of his paintings at the Museum Pfalzgalerie in Kaiserslautern through Aug. 26. Museum is open 11 a.m. - 8 p.m. Tuesdays, 10 a.m. - 5 p.m. Wednesdays - Sundays. Closed Mondays. www.mpk.de.

Paris Plages – The annual Paris Plages transforms the typically busy Paris streets along the Seine river, into luxurious and relaxing beaches. Sand, deck chairs, beach balls and ice cream sellers are hauled in to complete the beach theme, which makes the event a total experience. Visitors will find these idyllic sandy beaches spread across two miles along the Seine. Live entertainment and sports are free. Enjoy the sun and fun through Aug. 17. www.buzzoffbase.com.

Pukkelpop – Rock out during Pukkelpop, one of the biggest alternative open-air festivals in Belgium. Fans can listen to a combination of successful contemporary bands, living legends and alternative acts spread across eight stages through Aug. 18 in the city of Kiewit-Hasselst. For lineup and tickets visit, www.pukkelpop.be.

August 18

Elvis Festival – Travel to Bad Nauheim for the 11th anniversary celebration of the life of Elvis Presley and his time stationed as a Soldier in Germany. Tour includes some of

Elvis' favorite places in Bad Nauheim and a day pass to the local spa facilities. Other events include music from Disc Jockey Halmut Radermacher, a fashion show covering the '50s to the '70s, a classic car parade and the Elvis Rock 'n' Roll Show. DSN 370-7924, www.usa.org/rheinmain.

Mark Twain Tour – Heidelberg's Association of Tour Guides offers their annual Mark Twain Tour in English 3 p.m. Beginning with a visit to the University's famed student prison and the festive Alte Aula auditorium, the tour follows in the footsteps of world-famous author Mark Twain. Group will meet at the Lion Fountain near University Square. Cost is €7. Civ. 06221-43-6880.

Rüdesheim Wine Festival – The small Rhine wine town of Rüdesheim hosts a wine festival featuring wines of the region, as well as food. The festival takes place on the main street and visitors can enjoy views of the Rhine river and the vineyards above while sipping wine. Tour offers wine-tasting novices and newcomers to the area a chance to enjoy Rüdesheim and its wines. Fest runs through Aug. 20. www.ruedesheimer-weinfest.de.

Classics Car Show – Get your motor running during the annual Kaiserslautern Classics Car Show in downtown Kaiserslautern with vintage cars on display ranging from Porsche and Volkswagen to some American models, including Corvettes and Cadillacs. The Kaiserslautern Classics Car Show also features a number of musical acts playing popular hits from the '50s, '60s and '70s. Surrounding stores will remain open until 10 p.m. for shoppers. www.buzzoffbase.com.

August 23

Wine Festival – The 80th annual Mainz Wine Festival takes place in the Mainz municipal park and rose garden. Enjoy a variety of wines and other surprises. www.mainz.de.

Nuremberg Herbstvolksfest – Come out and enjoy a fun day at the Nuremberger Herbstvolksfest. Sample a wide range of delicious fest foods, cold beverages and shop market booths, play games, enjoy carnival rides and more. Wednesdays are special family discount days. www.volksfest-nuernberg.de.

August 24

Summer in the City – Mainz features its annual Summer in the City concert series with performances by Chris De Burgh 8 p.m. Aug. 24 at the Kurfürstliches Schloss, Joan Armatrading 8 p.m. Aug. 30 at the

Kurfürstliches Schloss and Runrig 7 p.m. Sept. 1 at the Zitadelle. Visit www.frankfurter-hof-mainz.de for tickets and information on concerts.

August 25

Potato Festival – Eppingen hosts a potato festival at Marktplatz 1 through Aug. 26.

Balloon Festival – Mannheim's Luisenpark hosts an International Hot Air Balloon Festival at 4 p.m.

August 31

Prague – Spend Labor Day weekend in the beautiful city of Prague. After breakfast, enjoy a city tour, free time and an optional traditional Czech dinner (not included). Tour will also visit the Prague Castle, Charles Bridge and the Jewish Quarter. DSN 370-7924, www.usa.org/rheinmain.

September 5

Stammtisch – The "English Language Stammtisch" will begin its 2012-2013 season 6:30 p.m. Sept. 5 at the Zum Goldenen Schaf restaurant in Heidelberg Altstadt, Hauptstraße 115. The topics will be the presidential election and the candidates, the August Republican and Democrat conventions and the Tea Party candidates for U.S. Senate seats. Event is open to the public. Civ. 06221-80-4976.

September 7

Crafts Market – Take a stroll through Mannheim's Crafts and Farmers' Market at Herzogenriedpark, Max-Joseph-Str. 64 11 a.m. through Sept. 9.

September 15

Weinheim Shopping – Weinheim hosts Sunday Shopping along the city's Hauptstraße Sat. 10 a.m.-4 p.m. Sept. 15 and 11 a.m.-6 p.m. Sept. 16.

Kinderfest – Gather up your little ones for a day of fun at Luisenpark in Mannheim during Kinderfest. Gartenschauweg 12. Festival starts 2 p.m.

Roter Faden Shopping – Explore the quaint side streets of the old town. The Roter Faden is comprised of about 60 owner-directed shops, all of which take pride in their individuality, quality and customer service. Enjoy a variety of special samples and discounts from participating stores 11 a.m.-4 p.m. Preregistration is required. Additional shopping dates: Oct. 20 and Nov. 17. Limited spaces available. DSN 370-7924 www.usa.org/rheinmain.

coming to THEATERS

BOURNE LEGACY

(Jeremy Renner) The fourth installment of the highly-successful Bourne series sidelines main character Jason Bourne in order to focus on a fellow estranged assassin whose life-or-death stakes have been triggered by the events of the first three films. Edward Norton and Rachel Weisz co-star, with Joan Allen and Albert Finney reprising their roles from the previous films. (Rated PG-13 for violence and action sequences) 135 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Aug. 17 - THE BOURNE LEGACY (PG-13) 7 p.m.; THE CAMPAIGN (R) 10 p.m.
 Aug. 18 - MADAGASCAR 3: EUROPE'S MOST WANTED (PG) 4 p.m.; THE BOURNE LEGACY (PG-13) 7 p.m.; PROMETHEUS (R) 10 p.m.
 Aug. 19 - MADAGASCAR 3: EUROPE'S MOST WANTED (PG) 4 p.m.; HOPE SPRINGS (PG-13) 7 p.m.
 Aug. 20 - THE BOURNE LEGACY (PG-13) 7 p.m.
 Aug. 21 - THE CAMPAIGN (R) 7 p.m.
 Aug. 22 - HOPE SPRINGS (PG-13) 7 p.m.
 Aug. 23 - THE BOURNE LEGACY (PG-13) 7 p.m.

Vogelweh, Galaxy

Aug. 17 - DIARY OF A WIMPY KID: DOG DAYS (PG) 4 p.m.; TOTAL RECALL (PG-13) 7 p.m.
 Aug. 18 - PIRATES! BAND OF MISFITS (PG) 4 p.m.; TRANSFORMERS: DARK OF THE MOON (PG-13) 7 p.m.
 Aug. 19 - MEN IN BLACK 3 (PG-13) 4 p.m.; WHAT TO EXPECT WHEN EXPECTING (PG-13) 7 p.m.

Ramstein, Gateway Cineplex

Aug. 16 - TOTAL RECALL (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; DIARY OF A WIMPY KID: DOG DAYS (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 8:45 p.m.; PIRATES! BAND OF MISFITS (PG) 11:30 a.m., 2 p.m., 5 p.m.
 Aug. 17 - HOPE SPRINGS (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; THE CAMPAIGN (R) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.; THE BOURNE LEGACY (PG-13) 11:15 a.m., 2:15 p.m., 5:30 p.m., 8:15 p.m.; MADAGASCAR 3: EUROPE'S MOST WANTED (PG) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.
 Aug. 18 - HOPE SPRINGS (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; THE CAMPAIGN (R) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.; THE BOURNE LEGACY (PG-13) 11:15 a.m., 2:15 p.m., 5:30 p.m., 8:15 p.m.; MADAGASCAR 3: EUROPE'S MOST WANTED (PG) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.
 Aug. 19 - HOPE SPRINGS (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; THE CAMPAIGN (R) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.; THE BOURNE LEGACY (PG-13) 11:15 a.m., 2:15 p.m., 5:30 p.m., 8:15 p.m.; MADAGASCAR 3: EUROPE'S MOST WANTED (PG) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.
 Aug. 20 - HOPE SPRINGS (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; THE CAMPAIGN (R) 11:30 a.m., 2:30 p.m., 7 p.m.; THE BOURNE LEGACY (PG-13) 11:15 a.m., 2:15 p.m., 7:30 p.m.; PROMETHEUS (R) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.
 Aug. 21 - HOPE SPRINGS (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; THE CAMPAIGN (R) 11:30 a.m., 2:30 p.m., 7 p.m.; THE BOURNE LEGACY (PG-13) 11:15 a.m., 2:15 p.m., 7:30 p.m.; PROMETHEUS (R) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.
 Aug. 22 - HOPE SPRINGS (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; THE CAMPAIGN (R) 11:30 a.m., 2:30 p.m., 7 p.m.; THE BOURNE LEGACY (PG-13) 11:15 a.m., 2:15 p.m., 7:30 p.m.; PROMETHEUS (R) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.
 Aug. 23 - HOPE SPRINGS (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; THE CAMPAIGN (R) 11:30 a.m., 2:30 p.m., 7 p.m.; THE BOURNE LEGACY (PG-13) 11:15 a.m., 2:15 p.m., 7:30 p.m.

THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238
 Galaxy Theater, Vogelweh, 0631-50017
 Gateway Cineplex, Ramstein, 06371-47-5550

Visit www.aafes.com for updated listings and more movie descriptions

Mannheim Cineplex (P4 13), CinemaxX (M7, 17), Mannheim, civ. 01805-625466, www.cineplex.de

Mannheim, CinemaxX, Cineplex - English Language movies

Aug. 16 - 19, 21 - MAGIC MIKE (R) 11 p.m. at CinemaxX
 Aug. 16-22 - TED (R) 7:30 p.m.; 10:30 p.m. at CinemaxX
 Aug. 16-17, 20-22 - PROMETHEUS 3D (R) 10:30 p.m. at CinemaxX
 Aug. 18-19 - PROMETHEUS 10:15 p.m. at CinemaxX

community HIGHLIGHTS

Best Warrior, Junior Officer

The winners of the U.S. Army Europe's Best Warrior and Best Junior Officer competitions will be announced at the Patrick Henry Village Pavilion in Heidelberg Aug. 16. The competitions challenged military knowledge, warrior skills and endurance during a nearly non-stop, five-day event. The winners will compete Oct. 15-18 for U.S. Army Best Warrior 2012 at Fort Lee, Va.

Army Substance Abuse Program

To assist commanders and directors in meeting the Army Substance Abuse Program's annual training requirement of four hours for Soldiers and two hours for Department of the Army civilians (in accordance with Army Regulation 600-85), the ASAP Prevention and Education Branch will offer classes 9-10 a.m. or 1:30-2:30 p.m. Aug. 21 and Sept. 25 in Room 208, Bldg. 128 on Patton Barracks in Heidelberg. Due to seating limitations, registration is required. DSN 370-6068, civ. 06221-57-6068.

Privately-Owned Vehicle Lot

Starting Sept. 5, U.S. Army Garrison Baden-Württemberg will have one central vehicle resale lot for privately-owned vehicles on Patrick Henry Village in Heidelberg. The resale lot will be located across from the dental clinic and the Military Police station (Bldg. 4511) and will be the only authorized location in USAG BW to park a U.S. Army Europe-plated POV for resale. Vehicles that are parked with "for sale" signs elsewhere in the garrison will be ticketed for policy violation. Patrons are required to register with Family and Morale, Welfare and Recreation in the Village Pavilion Community Center and obtain a permit. For detailed instructions on the POV resale lot, view policy number 68 on www.bw.eur.army.mil/about/policies.html. DSN 388-9438, civ. 06221-678-9438.

Equal Opportunity Training

The U.S. Army Garrison Baden-Württemberg Equal Opportunity Office recommends supervisors attend annual Equal Employment Opportunity classroom training. Next class is 1-2 p.m. Sept. 19 in Bldg. 128 on Patton Barracks in Heidelberg. Employees must have classroom training every other year and the online version, found at www.bw.eur.army.mil/Directories/EEO/Training/EEONoFEAR.pdf, during the alternate year. Submit completion certificate to EEO. DSN 373-5494, civ. 06221-17-5494.

Operation Rising Star Auditions

A Capella screenings for Operation Rising Star will be held 6:30 p.m. Sept. 13 at KMC Onstage, Bldg. 3232 on Kleber Kaserne in Kaiserslautern. Auditions are mandatory in order to compete 7 p.m. Sept. 22. Winners will go to San Antonio to compete for the grand prize. Registration required. DSN 493-6626, civ. 0631-411-6626.

local EMPLOYMENT

ACAP Counselor

The Army Career and Alumni program is seeking full-time counselors in the Heidelberg area. A master's degree is required. Applicants must also have experience in counseling, training, education or related field and be able to operate Windows software. Must be eligible for individual logistical support. DSN 370-9474, civ. 6221-57-9474.

KAISERSLAUTERN Education

♦ **Love Languages** – Explore the five love languages and learn how to reconnect and communicate effectively with loved ones in a class offered through Family Advocacy 6-8 p.m. Aug. 21 in Bldg. 2917 on Pulaski Barracks. Registration required. Civ. 0631-3406-4203.

Community

♦ **BOSS Meeting** – Better Opportunities for Single Soldiers meets 1:30 p.m. Aug. 16 and first and third Thursdays at Java Café, Bldg. 273 on Rhine Ordnance Barracks.

♦ **Open Dart Night** – Challenge the bartender to a game of darts during Open Dart Night 7-10 p.m. Aug. 16 at the Kazabra Club, Bldg. 2057 on Vogelweh. DSN 489-7261, civ. 0631-536-7261.

♦ **Pinkalicious The Musical** – KMC Onstage presents Pinkalicious the Musical 7 p.m. Aug. 17, 18, 24 and 25 and 3 p.m. Aug. 19, 26 at KMC Onstage, Bldg. 3232, on Kleber Kaserne. DSN 483-6626, civ. 0631-411-6626.

♦ **EFMP Summer Camp** – Children ages 6-12 enrolled in the Exceptional Family Member Program can enjoy a free day camp 9 a.m.-4 p.m. Aug. 20-24. Campers meet at Pulaski Park and explore local attractions like the zoo, dinosaur park, the bowling center and more. DSN 493-4094, civ. 0631-3406-4094.

♦ **Summer Fun Family Barbecue** – Enjoy old-fashioned fun with games, food and entertainment for the whole family at the Summer Fun Family Barbecue 2-8 p.m. Aug. 25 at Armstrong's Club, Bldg. 1036 on Vogelweh Housing. Price includes barbecue and game tickets. Civ. 0631-354-9986.

♦ **Game-A-Ganza** – The Kaiserslautern Community Activity Center offers "Game-A-Ganza," with 9-Ball and 8-Ball tournaments, chess tournaments, Texas Hold 'Em, poker, spades and board game competitions 2-6 p.m. Aug. 25 and last Saturdays. DSN 483-6500, civ. 0631-411-6500.

♦ **Save-A-Life Tour Campaign** – The Save-A-Life Tour Campaign will be conducted 8 a.m.-noon and again 1-5 p.m. Aug. 29-31 in Bldg. 237 on Rhine Ordnance Barracks. The event is reserved seating and invitation-only, and will count toward annual Army Substance Abuse Program training. Each certified attendee will receive a certificate for four ASAP training hours. DSN 486-6254, civ. 06371-86-6254, www.savealifetour.com.

♦ **Karaoke Shootout** – Bring your "right arm," wingman or boss to an organizational-level karaoke shootout 5-9 p.m. Aug. 31 at Armstrong's Club, Bldg. 1036 on Vogelweh Housing. A representative from each unit or organization will select and sing a song, and winners will take home a trophy and gift coupon. The free event

also features snacks, door prizes and more. Civ. 0631-354-9986.

♦ **Cologne Zoo** – Army Outdoor Recreation visits the Cologne Zoo Sept. 3. Registration required. DSN 493-4117, civ. 0631-3406-4117, www.mwrgermany.com.

♦ **Music Café** – KMC Onstage in Bldg. 3232 on Kleber Kaserne presents the Music Café starting 7 p.m. Sept. 7. The event is an opportunity to relax with fellow music lovers, grab a bite to eat at the Java Café, listen to local musicians or even join in. Registration required to perform. DSN 483-6626, civ. 0631-411-6626.

♦ **Mystery Shopping Program** – Help make a difference in Army Garrison Community and Family and Morale, Welfare and Recreation programs by performing customer service reviews and being a paid mystery shopper. www.mwrgermany.com.

♦ **Teen Shuttle** – Child, Youth and School Services has resumed its teen shuttle service. Pick-up and drop-off points are located throughout Vogelweh, Vogelweh Housing, Ramstein, Landstuhl and the Melkerrei in Landstuhl Village. ID card, shuttle card and permission slips required to ride. Shuttle card applications are available at Central Enrollment and Registration in Bldg. 2898 on Pulaski Barracks, DSN 493-4516, civ. 0631-3406-4516 and on Landstuhl Post, Bldg. 3810, DSN 486-8943, civ. 06371-86-8943, www.mwrgermany.com.

♦ **Sembach Warrior Zone** – The all-new Warrior Zone located in the bowling center in Bldg. 104 on Sembach Kaserne is now open 7 a.m.-8 p.m. Monday-Friday and 11 a.m.-5 p.m. Saturday, Sunday. DSN 496-6342, civ. 06302-67-6342.

♦ **Wounded Warriors** – KMC Onstage in Bldg. 3232 on Kleber Kaserne offers free programming to wounded warriors and their guests at the Fisher House. Landstuhl patrons may be able to obtain transportation to and from KMC Onstage. DSN 483-6626, civ. 0631-411-6626.

♦ **Pulaski VAT Office** – The Pulaski Barracks Value Added Tax office's new hours are 8 a.m.-3:30 p.m. Monday-Friday. DSN 493-4035, civ. 0631-346-4035.

♦ **Housing Offices** – The housing offices on Vogelweh and Ramstein have new customer service hours: 8 a.m.-3:30 p.m. Monday-Thursday and 8 a.m.-2:30 p.m. Friday. Housing accepts appointments and express service for walk-in customers. Also, initial housing briefings in Kaiserslautern are 8 a.m. Monday, Thursday in Bldg. 3245 on Kleber Kaserne. DSN 489-6671, civ. 0631-536-6671.

♦ **Landstuhl Car Wash** – The Landstuhl car wash in Bldg. 97370 on Landstuhl Post is open 10 a.m.-3 p.m. Monday-Sunday and is closed

federal holidays. DSN 486-5153, civ. 06371-86-5193.

HEIDELBERG Education

♦ **ACS Classes** – Culture College, 5-8:30 p.m. Aug. 20-23; Job Search Overview and USAJOBS Application Process, 10 a.m.-noon Aug. 21, Village Pavilion Community Center, Patrick Henry Village, Bldg. 4507; Resiliency Training, 1-3 p.m. Aug. 21 (register by Aug. 17); Professional Resume Writing, 10 a.m.-noon Aug. 22, Village Pavilion Community Center, PHV, Bldg. 4507; Pregnancy Support Group, 1-2:30 p.m. Aug. 22, Army Community Service Annex, PHV, Bldg. 4531, Conference Room; Financial Readiness Briefing Computer-Based Training (mandatory for first-term Soldiers; contact ACS at DSN 370-6883/6975, civ. 06221-57-6883/6975 for details). Registration is required. Classes are held in the Community Support Center, Bldg. 3850, unless listed otherwise.

♦ **UMUC Registration** – University of Maryland University College Europe registration for on-site and online Fall 2012 Session 1 is open until Aug. 19. Classes start Aug. 20. Online course and program offerings have increased with a new overseas online schedule. DSN 314-370-6762, civ. 06221-3780.

♦ **UMUC Military Book Award** – University of Maryland University College Europe offers a military book award for active duty service members and their spouses and dependents. Both new and current students are eligible to apply. UMUC Europe also offers a new student scholarship to help students with book and tuition costs. DSN 370-6762, civ. 06221-3780, www.ed.umuc.edu/financialaid.

♦ **UMUC Field Study Program** – Students can explore fascinating locations and come face-to-face with captivating history in Europe while earning university credit with University of Maryland University College Europe's field study program in Cambridge, England, and Dublin, Ireland, Oct. 13-20. Register until Sept. 30. DSN 370-6762, civ. 06221-3780, www.ed.umuc.edu/fieldstudy.

Community

♦ **Legends Closure** – Legends on Patrick Henry Village is closed. The Village Grille will introduce a new program called "after hours," featuring a new dining menu and night club style entertainment. DSN 388-9570, civ. 06221-338-9570.

♦ **Parent's Night, Day Out** – Parents can enjoy some kids-free time 7 p.m.-midnight Aug. 17 and 10 a.m.-4 p.m. Aug. 18 during Parent's Night, Day Out for infants through fifth graders. Register with Parent Central Services, Bldg. 4443 on Patrick Henry Village. DSN 388-9240, civ. 06221-

338-9240, www.mwrgermany.com.

♦ **BOSS Water Skiing, Camping** – Better Opportunities for Single Soldiers goes water skiing and camping in St. Leon Aug. 17-19. Beginners, intermediate and advanced levels are all invited. Enjoy private lake use for skiing and wakeboarding.

♦ **Right Arm Night** – Supervisors and their "right arm" can enjoy free fingerfuds and conversation 5-7 p.m. Aug. 17 at Village Grille After Hours on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570.

♦ **New Student Orientations** – Heidelberg High School will host orientation for families of students in grades 9-12 new to the Heidelberg area 10 a.m. Aug. 23 at the school. Heidelberg Middle School will host its orientation for families of students in grades 6-8 10:30 a.m. Aug. 24 in the school's multipurpose room. DSN 388-9310, civ. 06221-678-9310.

♦ **C.A.R.E. Fair** – The Community Activities Registration and Education Fair will be 10 a.m.-2 p.m. Aug. 25 at the Patrick Henry Village Pavilion Community Center. Several local organizations and agencies will be available to answer questions and provide information to community members. www.mwrgermany.com/special_events/CARE_fair.html

♦ **Roadside Theater Auditions** – Open auditions for (Title of Show), a musical, are 7 p.m. Aug. 28, 29 at the Roadside Theater, Bldg. 109 on Patton Barracks, with show dates Oct. 12, 13, 19, 20, 21, 26, and 27. Perusal scripts available at the Roadside Theater. No experience required, but a prepared musical number with sheet is requested. Musicians, technical staff and crew are also needed. DSN 373-5020, civ. 06221-17-5020, www.roadside-theater.com.

♦ **Latin Flavors** – Tickets are on sale for Latin Flavors, a dining, entertainment, music and art extravaganza 7 p.m. Sept. 15 in the Village Pavilion Community Center Ballroom on Patrick Henry Village. This multi-cultural event for the entire family features Latin dancing followed by a Hispanic dinner. Art exhibition entry forms are available online and in the Arts and Cultural Center. DSN 388-9421, civ. 06221-338-9421, www.mwrgermany.com.

MANNHEIM Community

♦ **Board Game Night** – Play board games 4:30-10 p.m. Mondays at the Warrior Zone on Coleman Barracks. DSN 382-4410, civ. 0621-779-4410.

♦ **Battlefield Night** – Team up with friends and play Battlefield online on X-Box or PlayStation 3 4:30-10 p.m. Thursdays at the Warrior Zone on Coleman Barracks. DSN 382-4410, civ. 0621-779-4410.

Warriors participate in scuba classes



Project Odyssey uses underwater therapy to heal Soldiers

By Ed Drohan
ERMIC PUBLIC AFFAIRS

Staying underwater for long periods of time isn't something that comes naturally to most people. Add to that the anxiety or panic issues that are sometimes symptoms of post traumatic stress, and scuba diving can be downright intimidating.

That's not how the Warrior Transition Battalion-Europe and the Wounded Warrior Project look at it, though. To them, helping Warriors in Transition find the strength to push past those issues — many of which are combat stress-related — is a form of underwater therapy.

"They are reminded to trust their equipment and practice controlled breathing, and from there we connect the dots," said WTB-E social worker Eileen Pawloski. "We show them that if they can do this, if they can learn to control their breathing scuba diving they can control their breathing during a panic attack. If they can confront their fear underwater, they can confront fear in a large crowd, for example."

The scuba class took place at Hambachtal Holiday Resort northwest of Baumholder, and was one part of the WWP's Project Odyssey. Named after Homer's epic poem about overcoming adversity and finding the way home, Project Odyssey seeks to help Soldiers overcome combat stress through outdoor activities shepherded by project staff and trained counselors, or, as the WWP website puts it, "using nature and recreation to heal."



Photos by Staff Sgt. Michael Mattice

Top, Scuba instructors and Warrior Transition battalion staff assist a Soldier with his equipment before a dive. Above, Soldiers from Warrior Transition Battalion-Europe scuba dive at the Hambachtal Holiday Resort as part of the Wounded Warrior's Project Odyssey.

For three days, Warriors in Transition participated in a high-ropes course, canoeing, kayaking, hiking and other outdoor activities, but it was the diving event at the resort's pool that was a highlight — if a somewhat anxious one — for most.

Staff Sgt. Joseph Walker, a Warrior in Transition with the WTB-E's platoon in Baumholder, said getting in the equipment and going underwater wasn't the easiest thing in the world for him.

"It was a definite no-go ... not happening ... at first," Walker said. "I have a problem with enclosed spaces coming from being rolled over in a Bradley and stuck for a while. I was anxious, real nervous and not very trusting at first."

Eventually, Walker said he became more aware of what was comfortable for him. "Now, as soon as I'm under, I'm a little more comfortable," he said.

WTB-E has participated in Project Odyssey for more than a year, Pawloski explained, with 10 transitioning Warriors able to take part in each session. Pawloski said she usually has quite a few volunteers from the battalion's three companies for each session, but that wasn't always the case.

"The first time we did this in June 2011, there was a lot of hesitation" on the part of the warriors, Pawloski said. "It was hard to get them sold on trying it out. By the end of the first one, they were totally turned around."

Word of mouth took it from there, so now the social worker has no problem filling slots for the sessions.

"It thrills me a lot," she said. "I'm a firm believer that talk therapy and medication management are important, but programs like Project Odyssey enhance their treatment by teaching them to use coping techniques in their environment."

WTB-E provides mission command and administrative support to Soldiers requiring complex care due to injury or illness.

Staff members coordinate and synchronize care, treatment and services and promote readiness for the Soldier and their family to transition back to the force or civilian life.

Headquartered in Heidelberg, the battalion has companies in Kaiserslautern, Schweinfurt and Vilsack, and platoons in Baumholder, Wiesbaden, Heidelberg, Stuttgart, Bamberg, Illesheim and in Vicenza, Italy.

staying ACTIVE

Rod & Gun Club Events

Heidelberg Rod and Gun Club will hold a rifle shoot 10 a.m. Aug. 18 and a pistol shoot Aug. 25. Cost is \$35. A fall fishing course is scheduled 9 a.m. - 4:30 p.m. Sept. 15-16. For more information, call civ. 06202-51193. www.mwrgermany.com.

Sea Lions Swim Camp

The Heidelberg Sea Lions swim team will host a swim camp 3-5 p.m. Aug. 20-24 in Wieblingen. Cost is \$20 for returning team members and \$45 for non-members. Registration forms and contact info available at www.heidelbergsealions.com or email efslsealions@yahoo.com.

Rafting and Canyoning Trip

Heidelberg Outdoor Recreation will sponsor a rafting and canyoning trip in Landeck, Austria Aug. 31-Sept. 3. Cost is \$349 and includes transportation, camping fees and equipment. Contact Outdoor Recreation for more information. DSN 388-9282, civ. 06221-338-9282. www.mwrgermany.com.

Trout Fishing Trip

Kaiserslautern Outdoor Recreation will sponsor a trout fishing trip to Borfink Aug. 25. Adults, \$59; youth 6-12, \$39; children 5 and under, \$15. Cost includes transportation, entry fees and fishing gear. Contact Outdoor Recreation at DSN 493-4117 or civ. 0631-3406-4117. www.mwrgermany.com.

Heidelberg Volksmarch

The Heidelberg International Wandering Club hosts its 38th and final volksmarch 7 a.m. Sept. 8-9 in Heidelberg. Choose from 5 km, 11 km and 22 km routes covering the hills above Heidelberg. Registration takes place at the Internationale Gesamtschule Hasenleiser in Rohrbach. www.hiwc.de.

Spintastic Spin Classes

Kaiserslautern Sports and Fitness offers spin classes on Kleber Kaserne 11:45 a.m. - 12:45 p.m. Mondays and Wednesdays. Cost is \$4 per class. RSVP recommended. Call DSN 483-7610, civ. 0631-411-7610. www.mwrgermany.com.

CYSS Fall Sports Registration

Registration is open for Child, Youth and School Services fall sports programs in Heidelberg and Kaiserslautern. Register at <https://webtrac.mwr.army.mil> or at Parent Central Services.

Personal Trainer Services

Personal trainer services are available at Heidelberg fitness centers. Call DSN 370-7506 or civ. 06221-57-7506 for more information.

Fitness Instructors Needed

The U.S. Army Garrison Kaiserslautern sports office is looking for group fitness, martial arts instructors and personal trainers for Army fitness facilities. DSN 486-8317, civ. 06371-86-7172.

Coaches Needed

Heidelberg Sports and Fitness is seeking head coaches for community soccer, basketball, softball and volleyball teams. Call DSN 373-8032, civ. 06221-17-8032 for more information.

Gymnastics Classes

Kaiserslautern Family and Morale, Welfare and Recreation's SKIESUnlimited offers youth gymnastics classes. For class offerings, times and prices, call Parent Central Services. DSN 493-4156, civ. 0631-3406-4516.

Send the Herald Post Your Photos

If you have photos from sporting events, e-mail them along with the details of the event and names of those pictured to usaghd.post@eur.army.mil or usarmy.badenwuer.usag.mbx.post-newspaper@mail.mil. Deadline is noon Monday.

'Strong Bonds' relationship workshop reconnects military spouses

By Sgt. 1st Class Matthew Chlosta
7TH CSC PUBLIC AFFAIRS OFFICE

GARMISCH – Soldiers from the 7th Civil Support Command and their significant loved ones gathered for a chaplain-led relationship building exercise and retreat in southern Germany Aug. 3-5.

The 7th CSC's "Strong Bonds" event was held at the Army's Edelweiss Lodge and Resort in Garmisch-Partenkirchen.

"Though they're chaplain-led, it is not religiously focused," said Maj. John Callihan, 43, an Army Reserve chaplain with 361st Civil Affairs Brigade, 7th CSC.

"It is a relationship skills building training opportunity," Callihan added.

The resiliency building program is one method the Army uses to combat the toll more than a decade of war has taken on military families' lives and their marital relationships.

According to www.strongbonds.org, the mission of the program is to increase individual Soldier and family member readiness through relationship education and skills training, in part due to the average military couple or family going through multiple deployments, extended temporary duty missions and entire household moves an average of every one to four years.

"Strong Bonds" is conducted in an off-site retreat format that provides a fun, safe and secure environment that addresses the impact of relocations, deployments and military lifestyle stressors, the website states.

"The importance [of the couples' workshops] is two-fold. [It] strengthens our families [and] strengthens our relationships, said Callihan, a Danleyton, Ky., native.

"It [also] shows an appreciation from the unit to the families, just a little thing, that the Army can give



Sgt. 1st Class Matthew Chlosta

Left, Master Sgt. Ricky Zanders, 47, non-commissioned officer in charge, G4, Headquarters and Headquarters Company, 7th Civil Support Command, Army Guard and Reserve, U.S. Army Reserve from Delaware Beach, Fla., and his spouse, Sharlani Puu-Zanders, 34, from Kailua, Hawaii, participate in the 7th CSC chaplain-led "Strong Bonds" relationship workshop, Aug. 4, at Edelweiss Lodge and Resort in Garmisch-Partenkirchen.

back time together as a couple. We are offering child care to give them an opportunity for couple time," Callihan added.

The weekend was an opportunity for couples to reassess priorities, regain trust and rebuild relationships.

The three 7th CSC chaplains who led the various training blocks also shared very personal heart-wrenching anecdotes.

A few examples of the instructional blocks included "Controlling Your Happiness" and "Conflict Resolution Skills."

Military spouse Annette Simpson, 31, from Leimen and Army Staff Sgt. John Simpson, 36, originally from Birmingham, Ala., who serves with the 196th Medical Support Unit, 7th CSC,

USAR, also attended.

John Simpson, who is the 196th MSU's unit administrator for his civilian job in Mannheim, said, "We attended after going to one in our church early in our marriage. It has been very interesting, definitely worth it."

The couple, married 10 years, said the event was very organized, and they appreciated the free child care provided for their 20-month-old son.

According to the 7th CSC chaplains, there are currently 10 Army Chief of Chaplain-approved curriculums that can be used for "Strong Bonds."

Each attending couple was required to be comprised of at least one military spouse.

The family members went to the conference on invitational travel or-

ders, so they had very minimal expenses, according to the 7th CSC Chaplain's office.

The 7th CSC chaplains held four "Strong Bonds" events during fiscal year 2012.

The 7th CSC chaplains plan for a more robust "Strong Bonds" program next year including four couples seminars similar to this year's and possibly a single Soldier event and a couples-only romantic weekend getaway retreat.

"You can always enhance your relationship," Army Master Sgt. Ricky Zanders, 47, noncommissioned officer in charge, G4, Headquarters and Headquarters Company, 7th CSC, Active Guard and Reserve, USAR, said.

"It is always a work in progress."

KONTAKT

continued from page 1

Internet when they should be exploring."

Outreach-KONTAKT is the USA-REUR community relations program that connects USAREUR to local communities, with the help of volunteers, to foster opportunities to learn about German culture.

This enables the possibility of overcoming cultural differences and promotes interaction between cultures by sponsoring and supporting community events.

"From organizing festivals to preserving our mutual history, sponsoring language classes and providing refreshments during community activities, Outreach-KONTAKT members help make USAREUR a great

place for Soldiers, civilians and their families," said Brig. Gen. Michael A. Bills, USAREUR deputy chief of staff for operations.

"You will continue to play a vital role as our USAREUR communities [go] through the latest force structure changes and base closures," Bills added.

Even though the U.S. military facilities in Darmstadt are closed, Americans who live in the area can still participate in our KONTAKT group, said Margaret Nazar, Darmstadt KONTAKT member.

"We still receive e-mails from Soldiers [who] were stationed in our area, and that's special," Susann said.

There are 13 active Outreach-

KONTAKT clubs (organized under the "Bundesverband Deutsch-Amerikanische Freundschaft für alle Outreach-KONTAKT Clubs in Deutschland" BDAF) in Germany that give Soldiers, family members and civilians an opportunity to learn about Germany and its culture.

In return, it also provides information about the American way of life to Germans and citizens of other countries.

Outreach-KONTAKT members volunteered more than 100,000 hours in 2011 in support of USAREUR Soldiers, civilians, families, programs and events.

Volunteer assistance ranges from supporting events on military installa-



Courtesy Graphic

tions like annual Christmas tree lightings to volksmarches and more.

It also includes support to Wounded Warriors through donations and support to deployment and redeployment ceremonies.

For more information about Outreach-KONTAKT, visit www.eur.army.mil/Kontakt/default.htm.